

# KEYS TO A SUCCESSFUL ATHLETE

## **Dedication**

Dedication is loving what you do. Always wanting to learn more, give more, and always wanting to get better. There are no excuses. You find a way to get better even when things are not accessible to you. Dedication is 12-7-4. Dedication is 12 months out of the year, 7 days a week, 4 hours a day.

## **Commitment**

Commitment is making time to practice and train when there is no time. Commitment means getting up early in the morning and training or practicing. Commitment is two-a-days. Commitment means hanging out with your friends later because you have to get to the gym and train. Commitment is making sacrifices. Commitment is being the first one in the gym and the last one out. Commitment is 12-7-4. 12 months out of the year, 7 days out of the week, 4 hours a day.

## **No Excuses**

Don't make excuses for yourself. Don't make excuses for not finishing your sprints, for not hustling, for not showing effort. Don't make excuses because you were thrown a curveball in life. If you fall flat on your face six times, get up seven times. The greatest challenge and the greatest obstacle are you.

## **Determination**

Determination is taking the first step. Determination is the willingness to not let anything stand in your way of accomplishing a goal. Determination is to never give in to adversity. No matter how many times you fall you know your going to get right back up.

## **Intensity**

Is giving maximum effort. Intensity is training at another level. Intensity is being in a zone and focused.

## **Courage**

Is the willingness to stare adversity in the face and say "you can't stop me!" Courage is the willingness to take on every challenge thrown at you. Courage is not being afraid to make mistakes. Courage is having poise.

## **Dream**

A dream is telling yourself that one day I'm going to be somebody. A dream is telling yourself you're going to work hard and reach for the stars.

## **Belief**

Is when you can overcome criticism and external influences from others. Belief is telling yourself you can do it even when others doubt you.

## **Pride**

Is the satisfaction in yourself when you stay true to who you are and your beliefs. Take pride in what you do.

## **Heart**

Is having courage, pride, passion, drive, belief, determination, and commitment to never back down from a challenge. Heart is finishing what you started no matter the outcome.